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CAN JORDAN WELWOOD YUK
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'HE JUST DIDN'T STOP'

A bus passenger carries a child following a VIA Rail train and city bus collision in Ottawa's west end on Wednesday morning. See story on page 4. ADRIAN WYLD/THE CANADIAN PRESS

EPC wants city to handle water damage claims

'Special circumstance.'

Councillor surprised city charter being used to deny responsibility

Appeal for fairness

"If there is a legitimate claim because someone's laundry was destroyed and they can prove it, you can't just reject it."

Mayor Sam Katz



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeggers who had clothing ruined due to this past summer's discoloured-water problem may soon get some financial relief.

Coun. Dan Vandal (St. Boniface) received the unanimous backing of Mayor Sam Katz's powerful executive policy committee (EPC), which voted on Wednesday to direct the city's public service to take the claims seriously.

Vandal said he was surprised to hear the claims were

being rejected outright under the city's charter because the water is still considered safe to drink.

"I've been instructing constituents to file a claim if there's damage to their laundry," said Vandal after the EPC meeting. "I think this is a special circumstance ... and those that have suffered damages (should be paid)."

Vandal said he doesn't think the City of Winnipeg Charter has to be changed in any way, but an exceptional case such as this one should be allowed.

Anyone looking to make a claim should contact 311 or their ward councillor, Vandal added. City officials said more than 50 claims have been made so far.

Katz said he was "perturbed" to hear that claims were being rejected outright based on the charter.

"I very much told Coun. Vandal, as well as our administration, you've gotta use some common sense and some logic and fairness," he said.

Vandal's motion now moves on to the full city council meeting on Sept. 25.



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State-of-the-city brochures cost \$28,000, before postage

Third time mailed out. Pricey pamphlets not related to election, Mayor Katz insists



BERNICE PONTANILLA
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Online

Those who haven't received the pamphlet by mail can view it online at winipeg.ca by clicking the State of the City banner near the top of the page.



State-of-the-city brochures arriving in the mailboxes of Winnipeg homes this week are not related to next year's civic election, Mayor Sam Katz said.

"This is the third time I've done this; it's quite normal to basically make sure that citizens know what's going on, to get the information out there," Katz told media after Wednesday's executive policy committee meeting.

"As you can appreciate, information is always shared with the public by the media; sometimes they have different perspectives, so we're just getting as much factual information out there as possible."

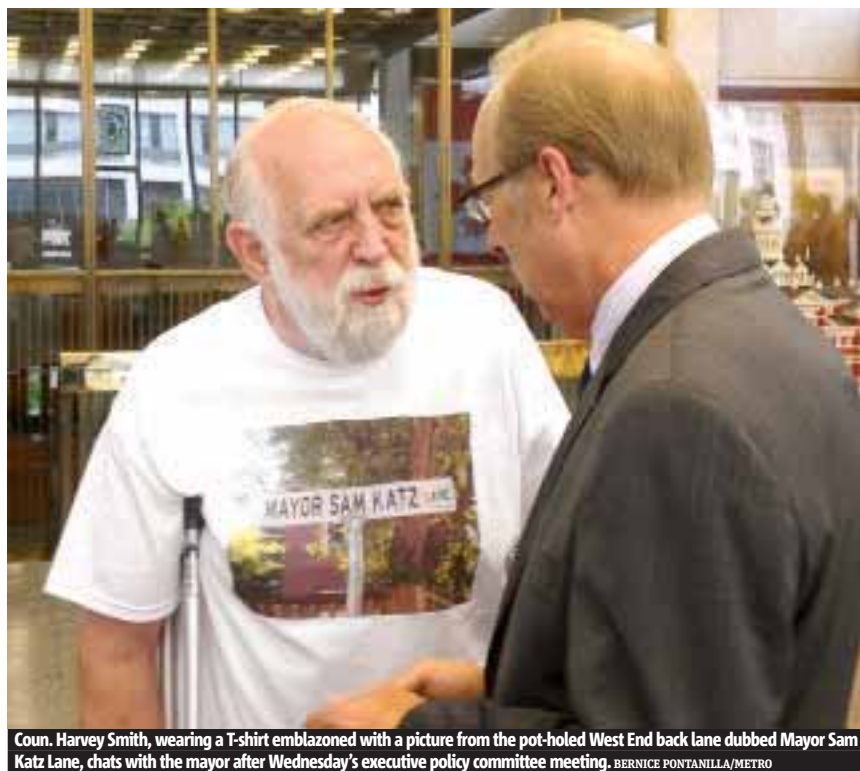
The eight-page glossy

pamphlet sings the praises of several city initiatives, such as the local street renewal fund for road repairs, the active transportation network, the new Winnipeg Police Canine Unit building and investment in community centres.

The pamphlets cost \$28,000 to produce. That figure does not include postage.

The mayor's office confirmed the money came from the taxpayer-funded mayor's office budget and that the previous pamphlets were sent out in 2005 and 2006.

Katz was first elected in 2004, and re-elected in 2006 and 2010.



Coun. Harvey Smith, wearing a T-shirt emblazoned with a picture from the pot-holed West End back lane dubbed Mayor Sam Katz Lane, chats with the mayor after Wednesday's executive policy committee meeting. BERNICE PONTANILLA/METRO

Stop 'daytime drama' over overtime: Katz

Mayor Sam Katz said safety will not be compromised as the city's firefighter management and union tussle over a plan to cut overtime hours.

"Safety would never be put at risk, for either firefighters or the public. That's always been the case; that's not going to change," said Katz, following Wednesday's executive

policy committee meeting.

Katz is referring to a letter sent to him and councillors by Alex Forrest, president of the United Fire Fighters of Winnipeg Local 867, in response to a memo by Acting Fire Paramedic Chief William Clark detailing cost-savings measures in light of a projected 86 per cent spike in overtime hours

for 2013.

One of Clark's proposals is to have "two-member 'Squad' units" at two of the fire stations that get the least calls, "with no impact on public (or) member safety."

Forrest blasted this decision, writing in his letter: "We are absolutely shocked at this new policy and we are even

further upset that this action has been done by an acting chief."

On Wednesday, Katz called for an end to the "daytime drama."

"What you've seen in the last, shall we say, 18 hours has been a lot of daytime drama, which is great for the media, but now I think they're going

to get down face-to-face and have some discussions," said Katz.

The mayor said that, on one side, there's the argument that the soaring costs are related to replacing firefighters on leave, while others argue there aren't enough firefighters to begin with.

BERNICE PONTANILLA/METRO



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1 NEWS



A VIA Rail train and a city bus collided in Ottawa's west end on Wednesday. A police spokesman said officers responded to the call at 8:48 a.m. TERRY PEDWELL/THE CANADIAN PRESS

Passengers watch in horror as bus barrels into train

Ottawa. Impact kills driver, five passengers as witnesses look on in pure disbelief

Passengers aboard a double-decker bus screamed "Stop! Stop!" as the driver plowed through a flashing level crossing and into a passing VIA Rail train Wednesday morning, killing at least six people and injuring many more.

The horrific collision sheared off the front of the bus and knocked the VIA locomotive and one of four passenger cars off the tracks.

Police confirmed six dead, while several area hospitals were flooded by 31 patients, including 11 in critical condition.

"People started screaming, 'Stop, stop!' because they could see the train coming down the track," said student Tanner Trepanier, who was on the upper level of the new, double-decker OC Transpo bus.

"There was a lot of scream-

Unforeseen disaster

"We've lost six of our neighbours, people who started off this ... sunny day as we all did, heading from their homes and loved ones to go about their daily lives."

Ottawa Mayor Jim Watson, in a Wednesday afternoon press conference

ing, but then people were actually relatively calm, considering the situation," Trepanier said of the aftermath.

"He must have lost his brakes," said Pascal Lolgis, who saw the bus go through the barrier. "Or he had an ... attack or whatever.... He just didn't stop."

"I was just looking around, just watching things happen," said another witness, Mark Cogan, who agreed the barrier was down.

"I just thought maybe there's a side way around or something, but instantly ... he went through the guard rail and just hammered the train and then it was just mayhem."

Ottawa police spokesman Marc Soucy said officers responded at 8:48 a.m. Rescue crews swarmed over the man-

gled wreckage as ambulances, fire trucks and police vehicles flooded the scene.

The injured passengers who could walk were taken to a second bus on the opposite side of the tracks to be treated.

The accident occurred just outside a suburban Via station in the west end. The train tracks in the area cross both a major city street and a transit line reserved for buses only.

At a press conference, Mayor Jim Watson summed up the shock of the crash and its effect on the community. "The sorrow that we all feel is deep and I'm sure shared by all residents of Ottawa, and in fact all of Canada," he said.

JOE LOFARO, GRAHAM LANKTREE, SEAN MCKIBBON, STEVE COLLINS/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS



A woman holds her head while sitting on a bus brought in for people who were involved in the collision. ADRIAN WYLD/THE CANADIAN PRESS

Sixth victim

Bus driver a 'very nice guy'

As family and friends mourn the death of five passengers, a Gloucester family is grieving the sixth victim: bus driver Dave Woodard.

People who know the family said the driver's relatives were traumatized by the news.

Reached by phone, a neighbour expressed disbelief that Woodard was behind the wheel.

"He was a very nice guy," said the woman, who didn't want her name published.

"I was just speaking with him yesterday and it just blew me away when I heard he was the driver."

Woodard had 10 years of experience as an OC Transpo bus driver.

"He was a great neighbour," she said.

"Very personable, would talk to anybody. I'm sure he would give you the shirt off his back if he could."

JOE LOFARO/METRO IN OTTAWA

Investigation

Piecing the facts together

Transit officials gathered evidence and began to piece together what led to the collision Wednesday.

Glen Pilon, lead investigator for the Transportation Safety Board of Canada, said recording equipment could detail the speed the vehicles were travelling, whether they braked before impact and whether they were working properly to determine what caused the crash.

Passenger Gregory Mech was on the second level of the bus and described the impact that killed driver Dave Woodard and five passengers.

"My personal assessment was that he did not brake. Others said he broke a second before impact," he said.

"We were all thrown forward," he said, "but as the train was going through the crossing it was still moving forward... We had a left-right shake."

Mech added that an 80- to 90-degree turn in the road before the rail crossing may have been a contributing factor.

"You don't see the crossing until you complete the curve," he said.

GRAHAM LANKTREE/METRO IN OTTAWA



Blake Loates, an Edmonton photographer whose sister is developmentally disabled, was shocked to see the words, "you retard" stamped on the underside of a Vitamin Water bottle cap. LUCY HAINES/FOR METRO IN EDMONTON

Coca-Cola apologizes for 'you retard' cap

'Shocked.' Edmonton woman, whose sister is developmentally disabled, discovers 'R-word' on bottle of Vitamin Water

Coca-Cola apologized Wednesday to the family of an Alberta woman who was shocked to unscrew a bottle of the company's Vitamin Water and find the words "you retard" printed inside the cap.

Edmonton-based photographer Blake Loates said she and her husband discovered the cap while out for dinner on Tuesday night.

"We were both pretty shocked," she said.

What makes the situation even more upsetting to Loates is that her younger sister Fiona is living with cerebral palsy and

autism, and Loates was taught that the "R-word" is completely unacceptable.

"The R-word is just something we don't say in my family," said Loates. "My dad is quite upset and is on a rampage."

Her father, Doug Loates, who lives in Tacoma, Wash. with twin 11-year-old daughters Fiona and Maddi, stayed up all night writing letters to Coca-Cola, looking for an explanation for the offensive cap.

"I am astonished that a major corporation could allow someone to tarnish their brand," he said. "Not everyone in Canada speaks French — like my daughter Blake."

The caps are part of a promotion run by the company, displaying a random English word followed by a random French word. "Retard" in French means lateness or delay.

Since the issue was brought

to Coca-Cola, the company has been in touch with the Loates family to offer an apology.

"We did not mean to offend at all," said Shannon Denny, director of brand communications for Coca-Cola Refreshment Canada. "We are certainly very apologetic for this oversight."

While Denny said the words were reviewed before going out to store shelves, they were reviewed in their French context, not in both French and English.

"When you look at the same word in English, it takes an offensive connotation," Denny said.

The process of matching the English and French words is supposed to be completely random, according to Denny, and the chances of those two words being paired together was slim.

David Thomson, vice-president of still beverages for Coca-Cola, said the remaining caps in their facilities have now

Quoted

"The R-word is just something we don't say in my family. My dad is quite upset and is on a rampage."

Blake Loates, an Edmonton photographer, who discovered the words "you retard" under the cap of a bottle of Vitamin Water.

been destroyed.

"We have learned from this and it was a mistake," he said. "At no point in time did we intend on offending anyone by any stretch, and we have cancelled and moved on and have dealt with this as soon as possible."

Thomson said he will be drafting a formal apology letter to the Loates family that will also detail the course of action they will take to correct the situation. **CANDICE WARD/FOR METRO IN EDMONTON**

Facebook pulls Parsons dating ad

The use of photos of Rehtaeh Parsons in online dating ads posted on Facebook is upsetting but ultimately an inevitable reality of social media, an expert in Internet and privacy law said Wednesday.

Prof. Robert Currie of Dalhousie University in Halifax said companies are increasingly using automated programs that rip photos from websites, and it was only a matter of time before the now-ubiquitous image of the 17-year-old girl wound up somewhere it shouldn't have.

"This is how technology works and it's another example of how little control anyone has over any image once it gets out into the Internet sphere," said Currie.

"It really seems to me to be an unfortunate accident that is causing a lot of grief and heartbreak to the Parsons family and others who loved this girl and who were disturbed by this case. But it's just the kind of thing that is going to happen."

The ads for ionechat.com featured pictures of Parsons under the heading, "Find Love in Canada! Meet Canadian girls and women for friendship, dating or relationships."

Rehtaeh's father reacts

"It was pretty disturbing and disgusting to see something like that."

Glen Canning, father of Rehtaeh Parsons

Parsons hanged herself in April and was taken off life support days later. Her family says her death was brought on by months of bullying following an alleged sexual assault.

The administrator of ionechat.com, Anh Dung, said the photos used in the ads were a mistake and taken randomly from Google by a so-called image scraper.

"I'm a foreigner, so I didn't even know her name and the story ... so I didn't know it was the victim's photo," Dung wrote in an email.

"I feel so guilty, I sincerely apologize," he continued. "I'm so stressed right now."

Facebook apologized for the ads, saying they were a "gross violation" of the company's policies and have been removed. It also said ionechat.com has been banned from advertising on its website.

THE CANADIAN PRESS



A woman holds a photo as hundreds attend a community vigil to remember Rehtaeh Parsons in Halifax in April. Facebook apologized Tuesday for featuring an ad for a dating website that used a picture of Parsons, the 17-year-old Nova Scotia girl who died after attempting suicide. ANDREW VAUGHAN/THE CANADIAN PRESS

The ethics of image scraping

Social media expert Anatoliy Gruzd said he believes image scraping raises ethical questions.

- "It clearly would be unethical to automatically scrape pictures where you don't have permission and use it for commercial

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purposes," said Gruzd. "But unfortunately ... it's hard to train the algorithm to recognize what pictures are OK to scrape and what pictures are not."

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Wildlife

Walrus safety top of mind in Alaska

The U.S. Fish and Wildlife Service is taking steps to protect hundreds of walrus that have gathered on Alaska's northwest coast.

Spokeswoman Andrea Medeiros said Wednesday that the agency has begun its protocol to prevent stampedes among the animals that gather in close quarters on remote Arctic beaches. The measures include limiting flights in the area and warning nearby villages to avoid walrus herds.

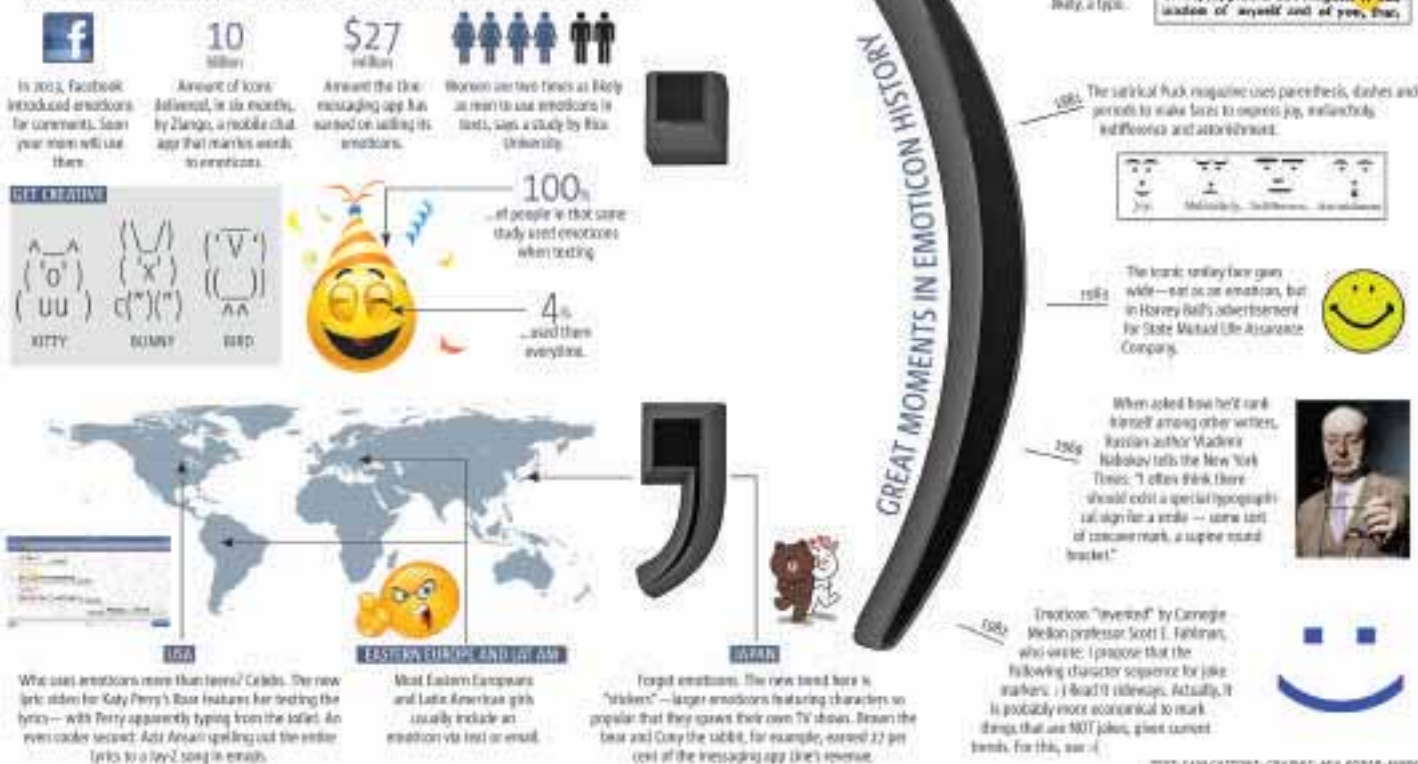
The World Wildlife Fund, using photographs taken Saturday by federal scientists, estimates 2,000 to 4,000 walrus have come ashore on a beach near Point Lay, an Inupiat Eskimo community 1,120 kilometres northwest of Anchorage.

If panicked by an airplane, a human hunter or a polar bear, walrus can stampede for the ocean, crushing pups.

THE ASSOCIATED PRESS

HAPPY BIRTHDAY, EMOTICON

The symbol was first typed on Sept. 19, 1982. Funny, he doesn't look 31.



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Flin Flon

School worker accused of sexually assaulting boy

Police have arrested an employee at a Flin Flon school for allegedly sexually assaulting a teenage boy.

Flin Flon RCMP began investigating in August. On Tuesday, Kristina Richelle Lies, 36, was charged with sexual assault, sexual interference and sexual exploitation.

Police did not release the exact age or name of the victim and did not say whether the alleged assaults happened at the school.

Police also did not name the school where the accused worked.

A LinkedIn account under the name Kristina Lies in Flin Flon states she works as a family programmer at Ruth Betts Community School, a Kindergarten-to-Grade 8 facility in the town.

Lies has been released on stringent conditions that include no contact with youth under 16. She is scheduled to appear in Flin Flon provincial court Nov. 7.

METRO

Contest. Winnipegger in the running for a Canada comedy crown

Canada's Next Top Comic
might just be a Winnipegger.

Jordan Welwood is Winnipeg's finalist in SiriusXM's fourth annual comedy competition. The 25-year-old stand-up comedian and Rumor's Comedy Club host is one of eight Canadian comics who will open for Saturday Night Live alumnus Colin Quinn at JFL42 in Toronto on Sept. 19. The winner takes home \$15,000.

"Comedy competitions aren't always a well-respected thing amongst comics. I can say that all day long, but now that I'm in it, it's pretty cool," Welwood said.

"It's some sort of validation. John Beuhler (the Vancouver winner) is in it, Pete Zedlacher (the Kitchener, Ont., winner) too. I'm excited to be in that company of comics and part of a huge festival."

Welwood started doing stand-up five years ago, working his way through the local open mics, bar shows and comedy contests before being hired on by Rumor's a year ago.

Welwood said his inclu-



Jordan Welwood COURTESY APRIL PLET

sion in the SiriusXM Canada's Next Top Comic contest is a testament to the small yet savvy Winnipeg comedy scene.

"We (Winnipeg comics) have a disadvantage in so many ways," Welwood said.

"We had to figure it out on our own. We get way less stage time. In Toronto you can perform seven days a week. We don't have that luxury here. We make our own s-t happen."

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Make our senses sizzle

The seventh global Metro photo contest is calling on photographers to stimulate our judges' senses. This year's theme is the five senses, plus one. Photographers are invited to submit photos that illustrate each category — sight, sound, hearing, touch, taste and the sixth sense. A winner in each category will be chosen from participating countries with a global winner chosen from those photos. Among those top-six photos, a grand-prize winner will receive a six-day trip to Ghana with Reach for Change. Local winners, plus an overall winner for Canada, will be announced in the newspaper.

Submit photos at metrophotochallenge.com before Oct. 13, 2013



Sight: Jeanne Beker

Canadian fashion icon Jeanne Beker says her background as a mime artist taught her a picture is worth a thousand words. A photo that portrays spontaneity, elegance, drama, sensuality and charm will impress her. "I adore a photograph that tells or suggests an intriguing story," she said. "I especially love portraits."

Smell: Barb Stegemann

"I think I will find scent in a photo by going with my gut reaction," says businesswoman Barb Stegemann. "I will then close my eyes and think a bit and come back to it. That is my process with most things." She is the CEO of 7 Virtues, a perfume company that sources essential oils from legal crops in Afghanistan to provide farmers an alternative to illegal poppy crops.



Taste: John Jackson and Connie DeSousa

Co-owners and co-executive chefs of Calgary's CHARCUT Roast House, John Jackson and Connie DeSousa know what kind of photo makes you salivate. "If it's a roast chicken the skin needs to be golden brown and crisp to the eye with a warm steam lifting from it and drips of juice dripping down the side," said Jackson.

Touch: Maria Franke

Maria Franke, curator of mammals for the Toronto Zoo, is one of the few people who has touched a panda. And she knows that in the animal kingdom, things don't always feel like they look. "(Panda) hair is actually quite coarse," she said. Franke will use that experience to judge how well the sense of touch is conveyed in the photos.



Hearing: Nonna Aroutiounian

Clarinetist Nonna Aroutiounian understands how music can evoke colour and texture in your mind. So, she's hoping the photos she judges will transcend the literal representations of sound — a photo of clarinet or French horn, for example — and make her hear something wonderful.

The sixth sense: Douglas Coupland

Author and artist Douglas Coupland believes in the "sixth sense," and he'll recognize it in a photo. "There is obviously something out there. I don't know how or why it works, but we've all felt it and we all know it's real. That's the sixth sense," he said. He doesn't want a photo that just documents its subject, which, he said, would be merely "Instagram fodder."



Online privacy

LinkedIn asks to disclose FISA data

LinkedIn has asked a secret court to allow it to disclose the number of U.S. national security orders the company has received under the Foreign Intelligence Surveillance Act. On Wednesday, LinkedIn joined four other companies — Google, Microsoft, Yahoo and Facebook — that have similar cases pending before the FISA Court.

THE ASSOCIATED PRESS

Tax evasion

Beanie Babies creator charged

The creator of Beanie Babies stuffed animals was charged Wednesday with federal tax evasion for failing to report income earned in a secret offshore bank account, and he has agreed to pay a more than \$53-million penalty. As prosecutors in Chicago announced the charge against H. Ty Warner, his lawyer issued a statement saying the billionaire would plead guilty and pay the massive penalty.

THE ASSOCIATED PRESS

Market Minute



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Low-key launch. BlackBerry's new phone has 5-inch screen

BlackBerry, amid minimal fanfare, unveiled another new smartphone on Wednesday, this time with a bigger screen that appears designed to attract users who want a midpoint device between a phone and tablet.

But the launch was largely overshadowed by the latest developments at its competitors and reports that the company is planning to deliver another round of major layoffs.

It's the latest setback for the company, which has been trying to regain ground in the technology market even as consumers seem to be increasingly losing interest in the brand.

The new BlackBerry Z30 comes with a five-inch screen, improved battery life and a faster processor than the models released earlier this year, and is about the same size as its competitor, the Samsung Galaxy S4.

BlackBerry took a relatively low-key approach to promote the new device on Wednesday.

The phone was announced at an event in Malaysia that even chief executive officer Thorsten Heins didn't



The BlackBerry Z30 has a five-inch display, which means it's about the same size as its competitor, the Samsung Galaxy S4. COURTESY BLACKBERRY

Major layoffs ahead?

- BlackBerry could lay off as many as 5,000 employees in the coming months in an effort to return the smartphone maker to profitability, according to a media report.
- The Wall Street Journal says executives are preparing to reduce the company's staff by as much as 40 per cent before the end of the year, citing people familiar with the matter.

attend. MKM Partners analyst Mike Genovese said Malaysia is one of the few markets where BlackBerry has seen growth in recent years, and he expects that local consumers will value the larger screen more than in North

America or Europe where alternatives are aplenty. "It actually points out how limited this launch really is," Genovese said. THE CANADIAN PRESS

Thar she blows! App helps ships avoid whales

U.S. officials trying to reduce the number of whales struck and killed by ships sailing in and out of San Francisco Bay are testing a new smartphone app that could help locate the creatures more accurately.

The Whale Spotter app would allow sailors, fishermen and marine scientists who spot whales to plot their location on an interactive map. The maps created could then be used by officials to recommend different vessel routes.

John Berge, vice-president of the Pacific Merchant Shipping Association, said the shipping industry supported development of the app as another tool in a new arsenal being created to reduce the strikes. THE ASSOCIATED PRESS



A blue whale is shown near a cargo ship in the Santa Barbara Channel off the California coast. THE ASSOCIATED PRESS FILE



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TAKE GUESSING OUT OF THE GAME

Hockey's off-season is over! What a terrible couple of weeks that was.

Without the lifeblood of hockey coursing through my veins, I was forced to have awkward conversations with friends about topics I'm not actually interested in, such as their friendship. But now that the Zamboni has had time to flood the ice not once but twice and the Chicago Blackhawks victory parade has almost wrapped up, we can drop the puck again.

The new season has many storylines that will unfold on TV screens just over my first dates' shoulders this winter, so here's a look at my predictions for the 2013-14 NHL season:

Boston Bruins forward Patrice Bergeron, who fought last playoffs through a separated shoulder, broken rib, torn rib cartilage, and a face that looked like it had been mulched, all in a losing cause, will produce a series of "For The Love Of The Game" youth recruitment videos, causing Canadian enrolment to plummet.

The Phoenix Coyotes will celebrate their 1,000th customer. Florida Panthers goalie and Tea Partier Tim Thomas will once



HE SAYS

John Mazerolle

metronews.ca

again find himself in hot water politically, when a 1983 photo surfaces showing him shaking hands with Cuban communist revolutionary Fidel Castro.

The New York Islanders, hit by years of budget constraints, will send pink slips to all their left-handed shots. Management will promise to do "more with less."

Vancouver Canucks coach John Tortorella will show a new, softer side by letting reporters finish their questions before politely explaining that their questions are stupid and they should consider another line of work, like base jumping.

This year's outdoor games (23 in all) will remind fans of a gentler, simpler time when games were played outside at an inconvenient distance for \$400 a ticket.

Newly acquired Dallas Stars forward Tyler Seguin, infamous for his partying, will run afoul of management when he's caught with an escort near the left face-off dot at the 13-minute mark of the third period.

In a hilarious gaffe that will be replayed on all of the highlight shows, a Raleigh man will accidentally pay full price for a Carolina Hurricanes ticket.

Pittsburgh Penguins superstar Sidney Crosby will transform from a whiny diver who thinks nothing of cheating and makes fans sick, to a feisty acrobat who will do anything to win and makes Canadians' hearts swell with pride, from Feb. 7 to 23 inclusive. Fans will have no explanation for the change.

The amount of hits to the head will be reduced thanks to a league-wide focus on each team's biggest players punishing transgressors by hitting them multiple times in the head.

Longtime Ottawa Senators forward Daniel Alfredsson will reveal in his first visit to the nation's capital as a member of the Detroit Red Wings, that HE WAS A SENATOR ALL ALONG, hitting Red Wings coach Mike Babcock with a folded-up metal chair before side-suplexing the entire Red Wings roster, then tearing his Red Wings sweater off to reveal the Sens logo beneath, with his face under the helmet.

The NHL Network's new Gary Bettman Isocam will capture each thrown projectile and hurled insult at every game the commissioner attends (four in all).

The Toronto Maple Leafs will win the Stanley Cup.

ZOOM

My selfie... inside a glacier

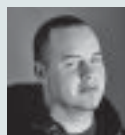


JONATHAN TUCKER/SOLENT NEWS

Enter the azure world of a glacier

A brave photographer risked his life venturing into a cave below a glacier to capture this self-portrait, in a frozen world akin to an ice age. Jonathan Tucker trudged through swamps and up a mountain for more than two hours to reach Mendenhall Glacier near Juneau, Alaska, 1,550 metres above sea level. The glacier is a staggering 21.9 kilometres in length. **METRO**

Photographer's view



"The glacier is constantly melting, so you never know if the cave will collapse at any minute. It took my breath away. It was terrifying."

Jonathan Tucker, 27, landscape photographer from Whitehorse, Yukon

Ice caves

- Caves form as a glacier moves over a disorder in the ground surface and it detaches itself from the floor. The base layer re-enters with the ground layer, forming striations, thin parallel lines made up of sediment, which refreezes to the base of the glacier.
- Eisriesenwelt, in Austria, is 42 km long — the longest ice cave in the world.

Claustrophobia? Not a problem

Locals had warned Tucker that the water inside the cave was so cold he would have survived for just 10 minutes if he fell in. The landscape photographer said: "I felt very claustrophobic at the beginning but it started to pass as I was taking photos. However, I then heard a crack or movement of the glacier above me, which sounded like I was in the clouds in a thunderstorm." **METRO**

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

From mapping the mysteries of the mind to discovering the science of sex, there's no shortage of podcasts promoting science for the non-scientists. So rejoice, just because you don't have a PhD in molecular physics, doesn't mean you can't marvel at the mind-boggling universe. Give these three programs a listen:

Neuropod:

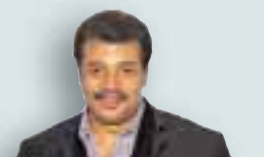
From the history of hypnosis to Alzheimer's origins, this podcast, found on nature.com, breaks down the science in our noggins. No background in neurology needed.

Star Talk:

Internet famous Neil deGrasse Tyson, pictured, keeps science cool by tapping into celebs for his (nearly) weekly podcast. Despite the name, Tyson doesn't just talk space — he also explores the science of "doing it."

RadioLab:

Covering a wide-range of topics from the history of the Heimlich manoeuvre to stories about the science of speed, the well-loved podcast frequently tops the "must listen" lists.



GETTY IMAGES

Twitter



whiff of a weird smell and I don't want to know what it is."

@metropicks asked:

The emoticon marks its 31st anniversary. What's the one emotion for which you wish there was an emoticon?

@FrenchmanCanada: The "I was just being polite, I don't want you to send me more pictures of your DIY project" emoticon.

@CedricRichards: That one emotion for when you feel like a 90s kid

@AnneHayward2: walking on clouds; yearning/longing; dreaming; lots of them!

@NodalesA51: The "I just caught a

@sheldoncoelho: "Thank you, Sorry and Please" because emoting it is easier than saying it. #JustSaying

@dsteeley7: Straight-up unambiguous sarcasm. So many problems would be solved with a universally known/recognized sarcasm face

@Lissa3116: I think a drooling emoticon. #imweird #needitsometimes

@TravelWandering: Emoticon for "this conversation is OVER"

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

SCENE 2

Making laughs better than tears, but it could've gone either way

Wendy Liebman.

Wellesley grad cited by the likes of Sarah Silverman and Amy Schumer as an influence almost became a psychologist



BACKSTAGE
PASS

Jared Story
winipeg@metronews.ca

L.A.-based comedian Wendy Liebman might not be a household name, but you'd probably recognize her from her distinctive stand-up style.

An almost 30 year veteran of the stage, Liebman is a master of timing and the throwaway line. In fact, the jokes she delivers in passing are so good — and so purposely delivered “in passing” — that her throwaway lines are her punch lines.

Here's an example:

“I got my period today. Yeah, I'm happy ... because most of my friends got it when they were 13.”

“Honestly, it came out of not wanting to be onstage in silence. I would just add things,” Liebman says, 52.

“Now there are a couple



American comedian Wendy Liebman brings her trademark wit to Rumor's Comedy Club next week. CONTRIBUTED

of the newer female comedians doing me, which I'm flattered by. People are like ‘Are you upset by that?’ and I'm like ‘Not at all.’ I feel so validated that the way I think is something other people want to do. OK, if they could give me a little bit of their money that would be nice.”

Liebman says stand-ups like Sarah Silverman and Amy Schumer have cited her as an influence. High praise, especially considering Liebman almost took an entirely different career path.

After obtaining a B.A. in psychology from Wellesley College in 1983, Liebman

took a comedy class at the Cambridge Centre for Adult Education.

“The class was really just an excuse to get together with other people and drink beer, but I guess there was something in me where it resonated,” Liebman says. “I was doing psychology research at the time (at Har-

The details

What you need to know

- **Watch.** Liebman plays Rumor's Comedy Club next Wednesday through Saturday. Tickets are \$17 for Wednesday/Thursday shows, \$20 for Friday/Saturday and are available at Rumor's and rumorscomedyclub.com.

vard Medical School) and I was going to be a psychologist, but I just really loved doing comedy. I'd rather make a 100 people laugh than one person cry.”

In January 2012, Liebman's first hour-long special, *Taller on TV*, debuted on Showtime. It's available for \$5 at wendyliebman.com and will soon also be available on Netflix.

In addition to stand-up, Liebman co-hosts a radio show with Terri Nunn of Berlin, is working on a musical with her TV producer/writer husband Jeffrey Sherman and is an avid tweeter.

So, what's @WendyLiebman tweeting about?

“This happened for real yesterday. I have a new neighbour and I was going to say hello but I can't now because I know that her Wi-Fi is ‘SugarTits6’,” Liebman

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How will the cards fall on Emmy night?

Predictions. It's a historic year in the world of TV awards, with *House of Cards* the first online show to nab a nomination

Emmy Awards crystal-ball gazing was so much easier in the old days, circa the last few years: ABC's *Modern Family* would be honoured as best comedy series and a cable show, *Homeland* or *Mad Men* or such, would win best drama.

Modern Family may earn its fourth consecutive trophy at Sunday's ceremony. But the drama picture is murkier because of Netflix's *House of Cards*, the first online program to be nominated for top series honours under a 2007 Emmy rule allowing digital contenders.

"We didn't believe it would

take as long as six years-plus for the world to start looking to this new explosion of original content," said Rob Barnett, who moved his career from cable (MTV, VH1) to online as founder and CEO of My Damn Channel. "But it's clearly happening."

Whether *House of Cards* will actually claim the trophy is another matter. It took more than a decade before a cable show, HBO's *Sex and the City*, prevailed as a top series winner; in an impatient world, might *House of Cards* compress the time frame?

Or it is possible that astute Emmy voters smacked their foreheads, realized they had yet to crown AMC's *Breaking Bad* as TV's best drama and made amends? They should have, we say in unison. Here are some predictions for the 8 p.m. EDT ceremony on CBS hosted by Neil Patrick Harris—who, no Ouija board needed, will be reliably outstanding.

Drama series

Should win: *Breaking Bad*. It's at the height of its power, and Walter White knows where you live.

Will win: *House of Cards*. Ambitious politician trumps ambitious drug dealer in Washington-bedazzled Hollywood.

Comedy series

Should win: *Louie*. Life can be brutal, but also brutally funny in Louis C.K.'s hands.

Will win: *Modern Family*. It's comfortably amusing and academy voters like it, they really like it.

Actor, drama series

Should win: Jon Hamm, *Mad Men*. Don Draper finally confronts his pain and what he's done to others. Hamm's trophy is even more overdue.

Will win: Kevin Spacey, *House of Cards*. Take that, movies! TV



Will *Breaking Bad* take home the win for best drama series? CONTRIBUTED

is better than ever, and honouring a visiting big-screen star drives the point home.

Actress, drama series

Should win: Kerry Washington, *Scandal*. She offers a powerhouse performance that keeps the madcap series spinning but not out of control.

Will win: Kerry Washington, *Scandal*. Don't overthink what will be an unprecedented African-American victory; she simply deserves it.

Supporting actor, drama series

Should win: Bobby Cannavale, *Boardwalk Empire*. Of course

he can bring a fresh spin to a gangster role; what can't this actor do?

Will win: Aaron Paul, *Breaking Bad*. His character's vulnerability is habit-forming, and he's poised for his third consecutive win.

Supporting actress, drama series

Should win: Christina Hendricks, *Mad Men*. When the going got tougher so did her character, and Hendricks soared.

Will win: Anna Gunn, *Breaking Bad*. It's the embattled Mrs. White's turn to shine.

Actor, comedy series

Should win: Don Cheadle, *House of Lies*. There was a reason for his upset Golden Globe victory over Alec Baldwin and other past winners.

Will win: Louis C.K., who made the sad clown irresistible.

Actress, comedy series

Should win: Laura Dern, *Enlightened*. If you're looking for layered humanity in any character, she's your woman.

Will win: Julia Louis-Dreyfus, *Veep*. She wears power and the lunacy of ambition well. Elaine who?

THE ASSOCIATED PRESS



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Gwyneth Paltrow. ALL PHOTOS GETTY IMAGES

Public showers aren't really Paltrow's thing

And here we thought the people who brought flip-flops to wear in the gym shower were high maintenance — but they don't touch Paltrow. The actress reportedly has an assistant

go in and wipe down her gym's shower before she uses it.

"She refuses to touch what she calls 'somebody else's shower water,'" a source says.



Liam Hemsworth

Hemsworth gets lucky in Las Vegas

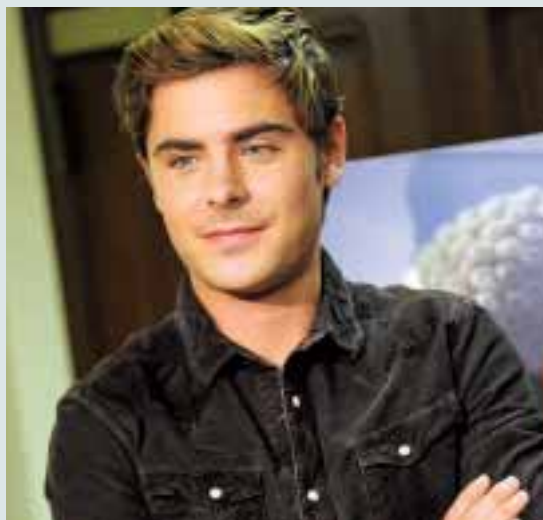
Liam Hemsworth seems to be taking his split from fiancée Miley Cyrus quite well. The Paranoia actor reportedly hit it off with singer-actress Eiza Gonzalez in Las Vegas after they had "just met," chatting over drinks at a nightclub,

according to TMZ. And back in L.A., Hemsworth was spotted stopping by her apartment to drop off a piece of luggage — and engaged in quite the passionate lip-lock in the parking garage.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It was cocaine, not booze that sent Efron to rehab: reports

THE WORD

Melinda Taub
scene@metronews.ca

Zac Efron's people came clean yesterday and said that he'd recently completed a stint in rehab for alcohol abuse.

However, that burst of honesty may have been a bit of sleight of hand to distract from something they still didn't want to talk about: It was reportedly cocaine, not alcohol

(or not just alcohol), that drove the once squeaky clean High School Musical star to seek treatment.

According to TMZ, Efron's problem was at its worst this spring, when he missed several days of filming on Seth Rogen's *Neighbors* due to his cocaine abuse.

Uh... so? I mean yeah, cocaine's illegal and a harder drug, but am I the only one surprised that this is such a big deal?

Addiction is addiction, and he's in treatment for whatever it was. Also, everyone in Hollywood seems to do drugs.

Betty White probably does drugs. How else could she be so perky at her age?

Twitter



@aplusk

Yesterday was today's author and today will be tomorrow's but we each hold our own pen.



@lenadunham

You guys, not trying to brag but I was in an elevator with a model.



@SethRogen

"If you pedal uphill enough, peddling flat feels like going downhill." - Lance Armstrong's biography I'm writing in my head.



Madonna

What do you get the singer who has it all? A bong

Madonna didn't hold back when taking part in a recent Reddit Ask Me Anything session, fielding all sorts of questions from the online community. For example, the last dream she remembers having that she's willing to share? "Brad Pitt and I were living

together and there was a small blond child in the bed," she responded. "Sorry Angelina, it was only a dream." And how about the best birthday present she's ever received? "I got a bong in the shape of a penis," Madonna replied.

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My first fashion week

Even the most jaded, poker-faced fashion industry vets started out as bright-eyed youth excited to get a standing room only ticket. We asked a few seasoned insiders to recall the moment of their first entry into fashion's hallowed runway shows.

METRO WORLD NEWS

Lara Mullen, model

"Having been scouted by my model agency Premier two weeks before the shows, I suddenly found myself en-route to New York with a set of polaroids and my auntie Wendy. Many surreal moments followed which certainly got the adrenaline pumping! From balancing in sky scraper heels at Alexander Wang (my very first show), to walking the Prada Milan exclusive to Gisele coming to my rescue at Givenchy, after the strap of my shoe broke!"



Sam McKnight, hair stylist

"The year 1985 in London was all very 'ab fab.' There was a lot of attention on all the club culture and the New Romantics. For Katharine Hamnett's first show we did these kind of flick-up, Miss Money Penny-style wigs. Afterwards Lynne Franks, the PR guru (and my agent at the time) threw Katharine a big party at a warehouse in Covent Garden. Lynne made me go home and get one of the wigs from the show so she could wear it. We couldn't find the headband that went with it so Lynne ended up using a tea towel wrapped around her head. That kind of sums up the energy of the time. It was just about having fun. The whole thing was incredibly creative."



Tom Pecheux, makeup artist

"I was assisting at a Chloé show that featured all the supermodels like Christy, Naomi, Linda and Claudia. They all wanted their makeup done by the lead makeup artist or the other assistant that they already knew. No one wanted me so I went to get a coffee. When I came back Christy Turlington was sitting on my chair. I asked her if she was waiting for someone to do her makeup and she said, 'No, you can do it if you want.' I was so happy but also so afraid. My hands were shaking the entire time. Christy isn't only a beautiful model, she's also a wonderful person."



Dani Stahl, style editor-at-large at NYLON

"Whilst interning at Elle magazine I was writing my senior college paper on Betsey Johnson, so my boss took me into the show. I stood all the way in the back and desperately tried to take pictures. I could barely even see but I thought it was the greatest thing that could ever happen."

Fred Butler, designer

"I was interning for AsFOUR in 2001 when they had an exhibition at Colette during Paris Fashion Week. They took me everywhere with them that week and it involved a lot of partying. As a student from Brighton it was ridiculously exciting. The first night I found myself being interviewed by Jeremy Scott for MTV who was asking me what my favourite thing about Paris Fashion Week was. Surrounded by the camera crew, I couldn't answer. I was in shock by the whole surreal situation."

Fragrance for a cause

Invent your own essence

Fragrance company The 7 Virtues will launch its new Custom Blend Box this Saturday to coincide with International Day of Peace. The set allows users to create their own signature peace fragrance and will include four fragrances made with natural essential oils sourced from Haiti, Afghanistan, Israel and Iran. The 7 Virtues fragrances support nations rebuilding after war or strife. The set will be available at Hudson's Bay stores across Canada. **METRO**

The Kit

Canadian street style

Spotted in: Ottawa

Barbora Architect

What she's wearing
Guess Shirt and Jacket, Arden Shoes, C&A Skinnies, HM Sunnies, BAX Bag

Her inspiration
"Comfort, first and foremost."

I also love neutral shades such as black and greys."

THE KIT PHOTOBLOGGER: KATARINA KURUC, LOVEK.ORG

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!



Trends Report

- Fall fashion events are a good indication of the trends to come in Spring and Summer 2014. Go online to Trends Report to see which colourful trend I've zeroed in on from New York and London fashion weeks and let me know if you like it or not.



metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

3
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Warm up to chilly weather in style

Got a light, airy decor and want to make it warm and cozy for the fall? Use neutral colours like grey, black and brown and add a few textures here and there; you'll have a space that looks just as stylish throughout the winter as it did last summer.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Flannel sheets

Replace those jammies and get in bed with something warm and fuzzy. Polka Dot Flannel Sheets, starting at \$25, simons.ca.



Synthetic cowhide

Throw this over a larger rug for a layered look and cozy feel underfoot. Looks like the real thing! Synthetic Cowhide, Nevada in Camel & Beige, \$249, homesav.com.



Mohair throw

This will become your best friend on those snowy, grey days. Cuddle up with a good book in style. Mohair Throw with Fringe, \$199, zarahome.com.



Cast iron

A fabulous industrial look with the returning popular trend of cast iron. Staub Teakettle, \$150, crateandbarrel.com.



Brushed velvet drapes

Keep out cool winter drafts in style. Brushed Cotton Velvet Drapes, from \$199, restorationhardware.com.



Electrical fireplace

Handsome Scandi-1970s design that adds optional heat during those chilly nights. Slips into the closet during summer months. Aspen Pedestal Electric Fireplace, \$249, homedepot.ca.



Don't let your patio get the winter blahs

Sharing a meal or relaxing on a deck, patio or balcony can be the highlight of a summer day. And when the season changes, proper care can make your outdoor furniture last for summers to come.

Whether you have a pricey patio set or something more modest, experts recommend some simple steps for upkeep and storage.

Often, outdoor furniture "is a bit of an investment, so it makes sense to put effort into protecting and maintaining what you have in your

yard," says Matt Blashaw, a licensed contractor and host of DIY Network's Yard Crashers.

Look for cover

Ideally, it's best to store any type of patio furniture — metal, plastic or wood — indoors during harsh weather. If that's not possible, Blashaw recommends weather-proof covers, or at least some simple poly/vinyl tarps secured with straps or weighted down.

"There are furniture covers of just about every shape

and size available," he says, adding that the newest ones are waterproof and UV-treated for protection.

Measure your pieces before you buy covers to ensure the right fit. You can also ask for manufacturer guidelines that may help you choose the correct style.

Careful cleaning

Before you store patio furniture, make sure it's free of dirt and debris.

Lowe's Home Improvement spokeswoman Colleen

Maiura tells customers to check the manufacturer's directions before using any cleaning products.

For most materials, however, you'll just need soap and water, she says. Consider using a pressure washer on a low setting (1,200 to 1,350 pounds per square inch) to make the job go even more quickly.

For acrylic cushions, Maiura recommends spot cleaning with a sponge, mild soap and water. Make sure the cushions are completely dry before storing them.

Must-do maintenance

Some additional maintenance can keep your set functional and looking fabulous.

For wood, you may need to oil or varnish it, depending on the type. For wicker, you may have to wax if it's not water-resistant.

Some metal frames require paint touch-ups, but most are made to be rust-resistant or rust-free. If your set is not, consider using paste wax or naval jelly for protection. Some rusted metals can be professionally powder-coated,

making them look new again.

Wear out the warranty

Blashaw says one of the biggest mistakes homeowners make with outdoor furniture is throwing it out instead of making simple repairs with parts covered under warranty.

"Keep the receipt, and if the furniture does not hold up to the regular 'wear and tear' promise within the warranty period, contact the manufacturer and get yourself a brand new set," he says.

THE ASSOCIATED PRESS

Home purchase price. Be wary of hidden fees



LESLEY SCORGIE
For Metro

Homebuyers, prepare yourselves. Experts recommend setting aside approximately two to three per cent of a home's purchase price for "hidden" fees such as:

Realtor fees: If you are sell-

ing a home while in the process of buying a new one, and have used a realtor, you will pay a hefty fee for their service. The going rate in Canada is seven per cent on the first \$100,000 and 3.5 per cent on the remaining purchase price balance.

Legal: To finalize your home purchase you will have to hire a lawyer/notary to process the deal.

Land transfer tax: This is

likely the most expensive aspect of closing costs for a resale home, which is typically less than two per cent of the value of the property. It is a provincial or municipal fee for a change in real estate ownership.

Closing adjustments: Disbursements are property expenses that sellers have paid and need to be reimbursed for such things as utilities, municip-

pal property tax, and condo or maintenance fees.

Home inspection: Though home inspections cost as much as \$500, they can save major headaches later on. Inspectors render an opinion on the condition of the property and state what needs replacement or repair. If there is something majorly wrong with your property, an inspector should be able to detect it and your real-

tor can advise on whether you should proceed with the purchase.

Appraisal fees: These typically range between \$150 to \$300. However, if a mortgage is insured through the Canada Mortgage and Housing Corporation, Genworth or Canada Guarantee, the fees are generally waived. Appraisals are a tool to help buyers determine a home's market value.

GST: If you are buying a new home, you will pay GST, and may qualify for a rebate.

Interest adjustments: This is the amount of interest you will need to pay between the date of your closing and first mortgage payment.

Other hidden fees include home and title insurance, utility hook-up costs, an Estoppel certificate (for condominiums), and moving costs.



Stats show that people who set financial goals are far more likely to achieve them compared with those who don't. SYDA PRODUCTIONS/COLOURBOX

Budget rules

Stats show that people who track their money and set financial goals are far more likely to achieve them compared with those who don't.

Homeowners, in particular, need a budget in order to track their expenses, of which there can be dozens each month, and ensure they don't wander financially astray.

Create a new spreadsheet or download a budget tracking tool from your bank's online website, the Canada Mortgage and Housing Corporation, Mint.com, or Google documents.

Start by listing all your sources of monthly income — employment, freelance work, royalties, consulting, child support, alimony, government support, bottle returns, etc. Total it up.

Next, list your sources of expenses. But when you do this, put your mandatory expenses up top like retirement savings, mortgage payments, taxes, insurance, condo fees, loan payments, utility bills, home maintenance and groceries. Nice-to-have expenses, such as dinners out with friends, should be listed below. Total up

Increase your income

- If your budget is squeezed each month, increase your income and try the following — get a second job, work extra hours, take on freelance or consulting work, hock your possessions on Kijiji, get a roommate, or rent storage space.

your expenses.

When you subtract your total expenses from your total income, you have your bottom line. If you are in the red, you will need to cut back on nice-to-have expenses and/or increase your income.

As a homeowner, the biggest favour you can do yourself is budget for regular home maintenance like furnace cleaning, and plan for the unexpected like a water heater conking out or sink dripping through the floor. Most experts recommend you have between one and three months worth of salary set aside for "just-in-case" home expense surprises. **LESLEY SCORGIE**



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Chicken Chili Burritos prove guilt-free fast food does exist

These burritos are still a bit of an indulgence, but ground chicken lightens the filling.

1. In large saucepan, heat 1 tbsp of the oil over medium-high heat; cook chicken, breaking up with spoon, until no longer pink, about 8 minutes. Drain fat from pan. Transfer chicken to bowl and set aside.

2. In same saucepan, heat remaining oil over medium heat; cook onion, garlic, oregano and salt until soft, 3 minutes. Stir in tomato paste; cook 1 minute.

3. Return chicken to pan. Add tomatoes and chili powder; bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, about 15 minutes.

4. Spoon chili onto centre of each tortilla; sprinkle with Cheddar. Fold in bottom and sides; roll up. Place, seam side down, on greased baking sheet.

5. Broil burritos, about 6 inches (15 cm) from heat, until crisp and golden, about 10 minutes

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Ingredients

- 2 tbsp vegetable oil
- 1 lb (450 g) ground chicken
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp salt
- 2 tbsp tomato paste
- 1 can (28 oz/796 ml) diced tomatoes
- 3 tbsp chili powder
- 4 large flour tortillas
- 3/4 cup shredded Cheddar



This recipe serves four to six. YVONNE DUIVENVOORDEN

Cookbook of the Week

Best and easy, too



CBC Television and Canadian Living have teamed up again to offer foodies a second volume of the Best Recipes Ever cookbook.

Chapters in the sequel to the show's (Best Recipes Ever airs weekdays on CBC TV at 3 p.m.) best-selling book include: Weeknight Dinners, Weekend Dinners, Light & Lovely, Rise & Shine, On the Go and Sweet Treats.

Meanwhile, among the specific recipes are Cioppino, Tangine of Beef with Prunes, Raspberry Chipotle Wings, Frozen Peanut Butter Pie and more. **METRO**

Blondies have more fun



This recipe makes 16 pieces. JODI PUDGE

"The gooey caramel topping for these Blondies is so easy — all you need are soft caramels and water," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2. "Look for these individually wrapped sweets in bulk food stores or in bags in the candy aisle."

1. In large bowl, beat butter with brown sugar until light and fluffy. Beat in eggs, 1 at a time; beat in vanilla.

2. Whisk together flour, coconut, baking powder and salt; stir into butter mixture. Spread in parchment paper-lined 8-inch (2 L) square cake pan.

3. Bake in 325 F (160) oven until cake tester inserted in centre comes out with a

Nutritional analysis

Each of the following values per piece is approximate.

- 194 calories
- 8 g total fat
- 30 g carbs

few crumbs clinging, about 35 minutes. Let cool in pan on rack.

4. Caramel Topping: In saucepan, melt caramels with 2 tbsp water over medium-low heat until smooth. Drizzle over cooled blondies. Refrigerate for 20 minutes. (Make-ahead: Wrap in plastic wrap and store for up to 24 hours)

5. Cut into squares.

Ingredients

- 1/2 cup unsalted butter
- 1 1/4 cups packed brown sugar
- 2 eggs
- 1 tsp vanilla
- 1 1/4 cups all-purpose flour
- 1/2 cup sweetened shredded

- coconut
- 1/2 tsp baking powder
- 1/4 tsp salt
- Caramel Topping**
- 10 caramel candies
- 2 tbsp water

Lunch. Smoked Ham, Brie & Cranberry Sandwiches



This recipe serves two. RYAN BROOK

"The cranberry sauce or onion marmalade in this sandwich definitely makes it one for adults," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2.

"For a more kid-friendly lunch, use a fruit spread in-

stead."

1. Spread cranberry sauce over cut sides of bottom halves of rolls. Divide ham and Brie cheese evenly over cranberry sauce; top with lettuce. Sandwich with tops of rolls.

Ingredients

- 2 tbsp whole-berry cranberry sauce or onion marmalade
- 2 whole wheat kaiser rolls, halved
- 4 oz (115 g) thinly sliced smoked ham
- 2 oz (55 g) Brie cheese, sliced
- 2 leaves lettuce

NFL

RG3 ready to run more to spark winless Redskins

Look for Robert Griffin III to start running again.

The Washington Redskins quarterback said Wednesday that he might start running the ball more to help give his team a much-needed spark after an 0-2 start.

THE ASSOCIATED PRESS

NHL

Bissonnette to protest 10-gamer

Paul Bissonnette is appealing his 10-game suspension for leaving the bench to start an altercation, his agent confirmed.

The NHL handed the Phoenix Coyotes enforcer an automatic suspension for leaving the bench on an illegal line change after Los Angeles Kings forward Jordan Nolan hit and injured defenceman Rostislav Klesla. Bissonnette was set to miss the Coyotes' first 10 regular-season games and forfeit \$37,820.51 US of his salary. THE ASSOCIATED PRESS

CFL



"I'll be excited and ready to go just because I'll be playing against guys I practised against the last 10-to-12 years."

Saskatchewan receiver Geroy Simon who needs just six catches to eclipse Ben Cahoon's career completions mark of 1,017 when the Roughriders play the B.C. Lions Sunday.

Cheveldayoff to navigate Jets' rise

NHL. After busy summer of re-signings, Winnipeg extends GM's contract

The Winnipeg Jets are giving general manager Kevin Cheveldayoff the same security they give their star players as he tries to turn the team into a playoff contender.

The club extended Cheveldayoff's contract through the 2017-18 season on Wednesday, a much longer deal than head coach Claude Noel was given in the off-season. His contract will expire at the end of next season.

"We couldn't have a more capable guy leading our team for the long-term so we've extended Kevin back to his original term of five years," Jets co-owner Mark Chipman told a news conference. "I believe he and his family are deserving of that and I also believe the fans of our organization are deserving of knowing where we're going and how we're going to get there."

Cheveldayoff was originally named to the position in June 2011 as the Jets relocated to Winnipeg from Atlanta. In his two seasons so far, the Jets have an overall record of 61-56-13 and missed the playoffs both years.

Cheveldayoff spent two seasons as assistant general manager of the Chicago Blackhawks before joining the Jets.

He also spent 12 seasons as general manager of the



Jets general manager Kevin Cheveldayoff was preaching patience after receiving a contract extension Wednesday.
JOHN WOODS/THE CANADIAN PRESS FILE

Taking it slow

During the off-season the Jets signed everyone they said they wanted to keep to multi-year agreements and, this year, some of their draft picks look like they have matured enough to join the team.

- The Jets have added a few players outside the draft but there have been no blockbuster deals that

had the potential to turn around their fortunes in the short term.

- "I think the real challenge is to resist the opportunity to try and accelerate this at a great cost," said GM Kevin Cheveldayoff. "We're trying to create some stability, some foundation within this organization."

Chicago Wolves, guiding the American Hockey League

club to four league championships during his tenure.

Chipman was effusive in his praise of his GM, whom he got to know pretty well when Chipman's True North Sports and Entertainment operated the AHL's Manitoba Moose.

"I've known him for many, many years prior to bringing him on board, as a general manager over the course of many, many board meetings with the American Hockey League.

"I think over the past couple of years I've learned that we probably underestimated his abilities."

THE CANADIAN PRESS

Elliott another ex-Bomber back in B.C.



Joey Elliott passed for 2,101 yards, five touchdowns and 12 interceptions with Winnipeg in 2012. THE CANADIAN PRESS

It's a good thing Joey Elliott never left town when the B.C. Lions released him earlier this month.

Elliott did not have to travel far Wednesday as the Lions welcomed him back to help deal with starting quarterback Travis Lulay's shoulder injury.

"Why not be in a beautiful place, right?" said Elliott, a 27-year-old Franklin, Ind., native. "I had shipped some stuff home, like my shoulder pads and some extra cleats, and I had actually packed some things up. So it was going to take a lit-

tle while before I could actually get out of here."

Elliott was added to the Lions' roster in preparation for Sunday's game against the Roughriders in Regina. His return followed Tuesday's announcement that Lulay will miss the next two games after getting hurt last weekend in a win over Montreal.

Elliott is the second former QB to return to the Lions recently, following Buck Pierce's arrival via trade from Winnipeg last week.

As a result, Elliott's coach-

ing career is on hold. He had tentative plans to mentor a high school team in Indiana, but continued to live in his Burnaby, B.C., apartment while waiting for a chance to resume his CFL career.

Elliott reasoned that it would be easier to travel if the call came, and he did not want to have to "jump ship" on high school players.

The Lions released Elliott before acquiring Pierce. Prior to his release, Elliott served as B.C.'s third-string QB.

THE CANADIAN PRESS

Riders safety fined

The CFL fined Saskatchewan Roughriders safety Tyron Brackenridge on Wednesday for delivering a dangerous hit in a game last weekend.

- Brackenridge was penalized for a helmet-to-helmet hit on Toronto running back Chad Kackert during the Argos' 31-29 win Saturday night.

4 SPORTS

Blink busts into Blue Bombers' Hall of Fame

Charles Roberts.
Team's all-time leading
rusher regrets not
passing 10,000-yard
mark in Winnipeg

Retired running back Charles Roberts was known for his speed but he wishes he'd been a little slower leaving the Winnipeg Blue Bombers.

Of course it wasn't his choice, as he was traded to the B.C. Lions in September 2008 after already edging aside Leo Lewis as Winnipeg's all-time leading rusher.

Quoted

"Every coach I played for I absolutely loved, even the one that traded me out of here."

Charles Roberts, on his experience playing for the Blue Bombers.

But he had only 13 yards to go before eclipsing the 10,000-yard career mark, which he did in a B.C. uniform.

"The one bad part of getting to the 10,000-yard plateau was that I had to celebrate in a locker-room basically full of strangers," he said Wednesday, as he was preparing to be inducted into the Bombers' Hall of Fame.

"B.C. was really, really good to me in the short time that I was there and those players, they really embraced me. But it just didn't feel right to reach such a milestone with another team."

B.C. didn't renew his contract in 2009 and he retired shortly after that. He now

works for the post office in Long Beach, Calif.

"I've got a regular job. I can't weasel out of things like I did here."

At just five foot six and a little over 175 pounds during his playing days, he was known for dodging the media almost as effectively as he dodged cornerbacks and linebackers.

He said he came to Winnipeg in 2001 thinking he was already signed to be the Bombers' starting running back. When he learned it was just a tryout and they already had talented tailbacks, he didn't think he'd be around long.

Instead Roberts would go on to set a number of team records, including marks for the most consecutive 1,000-yard seasons and most rushing touchdowns. He sits fifth on the CFL's rushing list with 10,285 yards.

He earned the nickname Blink for his speed and passed

Fond memories of old digs

Charles Roberts said it was a little weird not to see the old Winnipeg Stadium where it stood for half a century, not far from the hotel where the induction dinner was being held.

- "The new stadium is absolutely magnificent," he said. "I saw it yesterday, it's something that every player would love to play in."
- "But that old stadium, it had that mystique about it. Just rustic. If you're an outsider coming in, (you) don't want to come here. It was intimidating."

the legendary Lewis in 2007 as Winnipeg's all-time leading rusher. **THE CANADIAN PRESS**



Former running back Charles Roberts sits fifth on the CFL's rushing list with 10,285 yards. TORSTAR NEWS SERVICE FILE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	60	.605	—
Tampa Bay	82	68	.547	9
Baltimore	80	70	.533	11
New York	80	72	.526	12
Toronto	69	82	.457	22½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	88	64	.579	—
Cleveland	82	69	.543	5½
Kansas City	79	72	.523	8½
Minnesota	65	86	.430	22½
Chicago	60	92	.395	28

WEST DIVISION

	W	L	Pct	GB
Oakland	89	63	.586	—
Texas	82	68	.547	6
Los Angeles	74	78	.487	15
Seattle	67	85	.441	22
Houston	51	100	.338	37½

Wednesday's results

N.Y. Yankees 4 Toronto 3
Seattle 8 Detroit 0
Minnesota 4 Chicago White Sox 3
L.A. Angels 5 Oakland 4 (11 inn.)
Texas at Tampa Bay
Baltimore at Boston
Cincinnati at Houston
Cleveland at Kansas City

Tuesday's results

Toronto 2 N.Y. Yankees 0
Baltimore 3 Boston 2
Cincinnati 10 Houston 0
Texas 7 Tampa Bay 1
Oakland 2 L.A. Angels 1
Chicago White Sox 4 Minnesota 3
Cleveland 5 Kansas City 3
Detroit 6 Seattle 2

Thursday's games — All times Eastern

Seattle (Paxton 2-0) at Detroit (Fister 12-9), 1:08 p.m.
Houston (Keuchel 6-9) at Cleveland (Jimenez 12-9), 7:05 p.m.
N.Y. Yankees (Kuroda 11-11) at Toronto (Redmond 3-2), 7:07 p.m.
Texas (Darvish 12-9) at Tampa Bay (Moore 15-3), 7:10 p.m.
Baltimore (Tillman 16-6) at Boston (Lackey 9-12), 7:10 p.m.
Minnesota (Correia 9-12) at Oakland (Straily 10-7), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	90	62	.592	—
Washington	81	71	.533	9
Philadelphia	71	80	.470	18½
New York	68	83	.450	21½
Miami	55	96	.364	34½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	88	63	.583	—
Pittsburgh	87	65	.572	1½
Cincinnati	86	66	.566	2½
Milwaukee	67	83	.447	20½
Chicago	63	88	.417	25

WEST DIVISION

	W	L	Pct	GB
Los Angeles	87	64	.576	—
Arizona	76	74	.507	10½
San Diego	71	80	.470	16
San Francisco	70	82	.461	17½
Colorado	69	83	.454	18½

Wednesday's results

San Diego 3 Pittsburgh 2
Atlanta 5 Washington 2
N.Y. Mets 5 San Francisco 4
Miami at Philadelphia
Chicago Cubs at Milwaukee
St. Louis at Colorado
L.A. Dodgers at Arizona
Tuesday's results
San Francisco 8 N.Y. Mets 5
San Diego 5 Pittsburgh 2
St. Louis 11 Colorado 4
Washington 6-4 Atlanta 5-0
Philadelphia 6 Miami 4
Milwaukee 4 Chicago Cubs 3
L.A. Dodgers 9 Arizona 3

Thursday's games

All times Eastern

San Diego (Kennedy 6-9) at Pittsburgh (Cole 8-7), 12:35 p.m.
San Francisco (Bumgarner 12-9) at N.Y. Mets (Niese 7-7), 1:10 p.m.
Chicago Cubs (Arrieta 2-2) at Milwaukee (Lohse 10-9), 2:10 p.m.
St. Louis (Wacha 3-1) at Colorado (Oswalt 0-6), 3:10 p.m.
L.A. Dodgers (Nolasco 13-10) at Arizona (Miley 10-10), 3:40 p.m.
Miami (Alvarez 4-4) at Washington (Strasburg 7-9), 7:05 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Friday's game — All times Eastern

Edmonton at Winnipeg, 8 p.m.

Saturday's games

Montreal vs. Hamilton (at Moncton), 4 p.m.

Toronto at Calgary, 7:30 p.m.

Sunday's game

B.C. at Saskatchewan, 4:30 p.m.

NFL

Thursday's game — All times Eastern

Kansas City at Philadelphia, 8:25 p.m.

Sunday's games

Tampa Bay at New England, 1 p.m.
Green Bay at Cincinnati, 1 p.m.
Cleveland at Minnesota, 1 p.m.
Houston at Baltimore, 1 p.m.
San Diego at Tennessee, 1 p.m.
N.Y. Giants at Carolina, 1 p.m.
Arizona at New Orleans, 1 p.m.
St. Louis at Dallas, 1 p.m.
Detroit at Washington, 1 p.m.
Atlanta at Miami, 4:05 p.m.
Indianapolis at San Francisco, 4:25 p.m.
Jacksonville at Seattle, 4:25 p.m.
Buffalo at N.Y. Jets, 4:25 p.m.
Chicago at Pittsburgh, 8:30 p.m.

Monday's game

Oakland at Denver, 8:40 p.m.

MLS

Friday's game — All times Eastern

Colorado at Portland, 10 p.m.

Saturday's games

Vancouver at Montreal, 2 p.m.
Kansas City at Toronto, 4 p.m.
Chicago at Columbus, 7:30 p.m.
D.C. at New England, 7:30 p.m.
Chivas at Houston, 8:30 p.m.
San Jose at Salt Lake, 9 p.m.
Seattle at Los Angeles, 10:30 p.m.
Sunday's game
Dallas at New York, 5 p.m.

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For a complete listing of our 75th anniversary events, visit rrc.ca/75years

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CELEBRATING

75 YEARS

RED RIVER COLLEGE

Horoscopes

Aries

March 21 - April 20

It is important that you keep your thinking simple today. Don't go confusing people, or yourself, with ideas that are too big to grasp. You are already heading in the right direction.

Taurus

April 21 - May 21

You must not compromise your position, no matter how much pressure you may be under from those you work or do business with. Stay calm and simply refuse to budge.

Gemini

May 22 - June 21

You may be tempted to push ahead with a project you know friends and family are unlikely to agree with, if only to remind them that you are in charge. But is it worth the bother? The full moon says it's not.

Cancer

June 22 - July 23

You don't have to crack jokes every two minutes to keep others amused. The moon, your ruler, endows you with a wonderful sense of humour but it should be used sparingly.

Leo

July 24 - Aug. 23

Do you listen to the part of your mind that urges caution or do you listen to the part that says "take a risk"? Only you can decide but be aware that today's full moon could easily make a fool out of you.

Virgo

Aug. 24 - Sept. 23

Partners may be critical of what you are doing but if you are smart, you will listen to what they say today because in among all the wrong-headed comments is one that has a grain of truth in it.

Libra

Sept. 24 - Oct. 23

The more you complain about something, the worse it gets, so take the hint and shut up. It's quite possible that someone is being difficult for no other reason than they enjoy the negative way you respond.

Scorpio

Oct. 24 - Nov. 22

Don't give up on something because it isn't progressing as fast as you would like. It would be a shame to waste all the time and effort you have put into it. Come back to it later.

Sagittarius

Nov. 23 - Dec. 21

The full moon warns you could find yourself caught in the middle of someone else's war. There is no right side or wrong side in this dispute, so steer clear. It's not your fight.

Capricorn

Dec. 22 - Jan. 20

It's unlikely you will achieve much over the next 24 hours, so don't push too hard. Even a Capricorn needs to recharge their batteries once in a while, so plug in to the full moon and fill up on lunar energy.

Aquarius

Jan. 21 - Feb. 19

No matter how confident a friend sounds, you are advised not to be taken in by their latest big plan, especially if it involves your money in some way. There can be only one loser.

Pisces

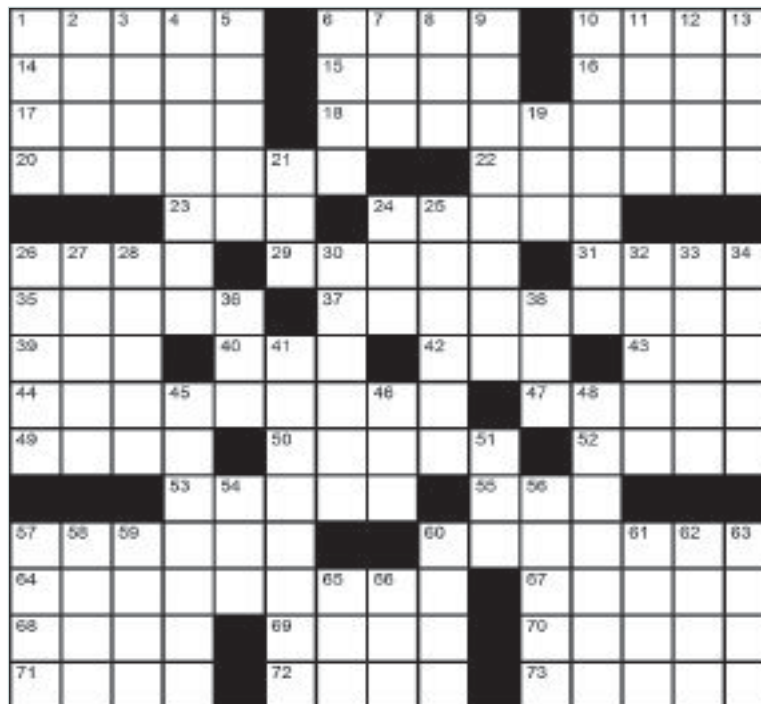
Feb. 20 - March 20

The moon is full in your sign today, which is good in some ways and not so good in others. You will be more active and ambitious but watch out you don't lose touch with reality. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Mr. Lundgren of "Rocky IV" (1985)
- Cartoon co-star of Phineas
- US state
- Dean Martin's "That's ___"
- Succulent plant
- ___ Jury (Mickey Spillane novel)
- Revolving mechanism
- Newfoundland seafood delicacy: 2 wds.
- Bilingual community of Winnipeg, St. ___
- Overly long sentences
- Actress, Lucy ___
- Literary genre
- Celebrity
- Welcome
- Bit of jazz
- Articles
- 'O' of TSO (Classical music!)
- Gr. Neil Young joined
- Howe'er
- PC 'key'
- Have a bug
- Miner hats attachments
- Farm mounds
- Naturalness
- Skin products giant
- Ancient harp
- "Star Wars" (1977) role, Darth ___
- Mr. Linden



- TV show
- Asks to the party
- Some of a Tim Hortons 'double double': 2 wds.
- Dionne Warwick's "___ Little Prayer"
- Same: French
- "Star Wars" (1977) role, Darth ___
- Mr. Linden

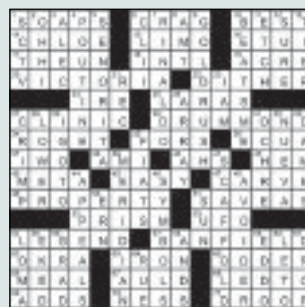
- "___ bien!"
- Puppy bites
- By ___ (How close races are won)
- Down
- "Oh, fudge!"
- 1847 Herman Melville story
- J.R.R. Tolkien trilogy, commonly
- Something to be

- solved
- "___ stand, head in hand..." - The Beatles
- Datum
- "Turn to Stone" gr.
- Mr. Stewart
- Becomes engaged, 1800s-style
- 'Find Fabulous For Less' store in Canada

- "Let ___" by Luba: 2 wds.
- Cast out
- So-so grades
- 'Danger' suffix
- Floor covering
- For each
- Withdraw from a court case
- Archival 'sheet' at the library

- Between harbours: 2 wds.
- Ms. Suvari's
- Dorm sharer
- Po River locale
- Skillet user, variantly
- Bogus
- Letters on a Cardinals player's baseball cap
- Wane
- Like intricate details on haute couture garments
- Gadgets
- TV's modern-day VCR
- Sackville, NB's Mount ___ University
- "Kung Fu" actor, Philip ___
- ___ Lingus (Ireland's flyer)
- "Canadian Idol" Season 4 champion, Eva ___
- Charge card printout, briefly
- Water carrier
- Ancient empire
- Belief systems
- Root vegetable
- Optometrist's study
- Mailing request, commonly
- Sushi tuna
- Floor cleaner

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 17°
MIN: 7°

FRIDAY



MAX: 12°
MIN: 2°

SATURDAY



MAX: 12°
MIN: 2°



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